



# YEAR 6 PE

**Your challenge is to –**

**Imagine that you are a sports journalist for your local paper and report on an amazing day at the Olympic Games.**

**Design your very own sports kit and logo.**

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**Attempt/complete the Edward Peake Fitness programme and record your scores on the report card.**

**(Challenge the family!)**

# The Olympics

The Olympics began in Ancient Greece and ran every four years from 776BC to at least 393AD. The modern Olympic Games also began in Greece in 1896, taking place in Athens.

Over 200 nations now compete in the Summer and Winter Olympic Games which are held every four years.

The Paralympic games are also held every 4 years in the same year as the Summer Olympics and have done since 1960.

The five interlocking rings in blue, yellow, black, green and white are known as the Olympic rings and was created in 1913.

The rings represent all the colours of the flags in the world.



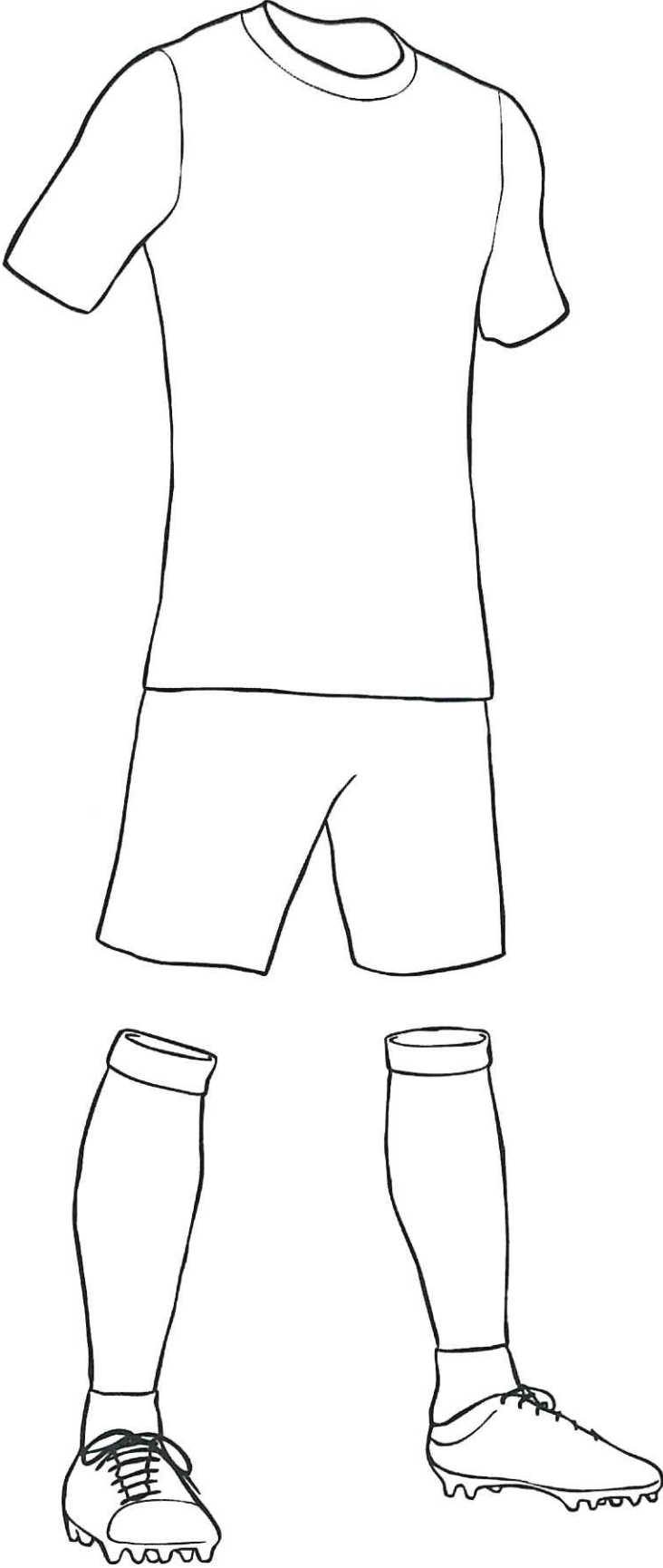
## Activity

Imagine that you are a sports journalist for your local paper and have been asked to report on **an amazing day at the Olympic Games**.

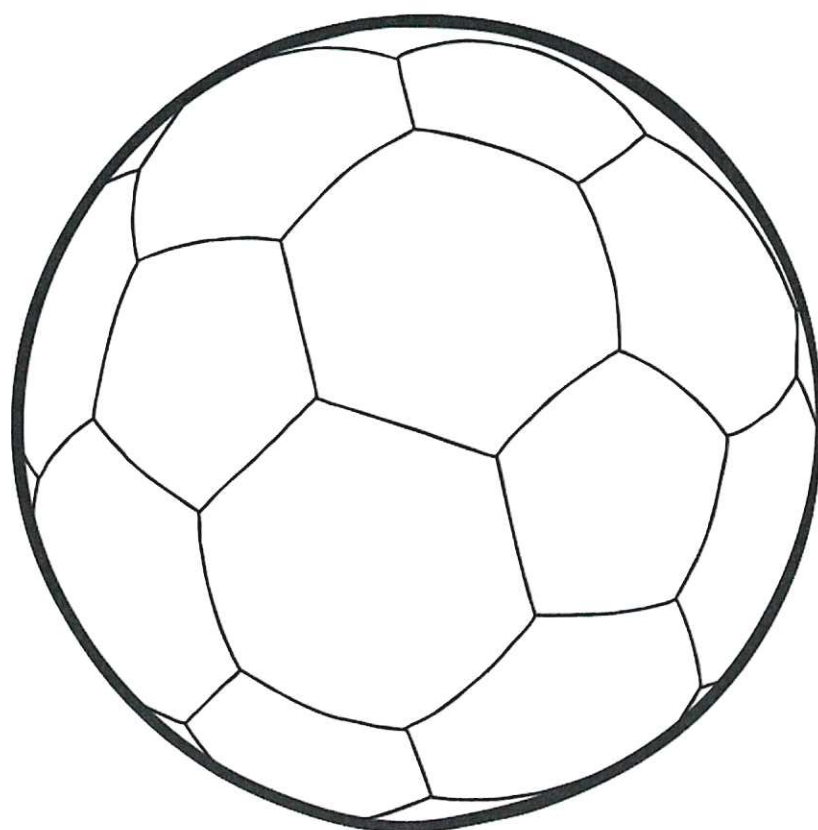
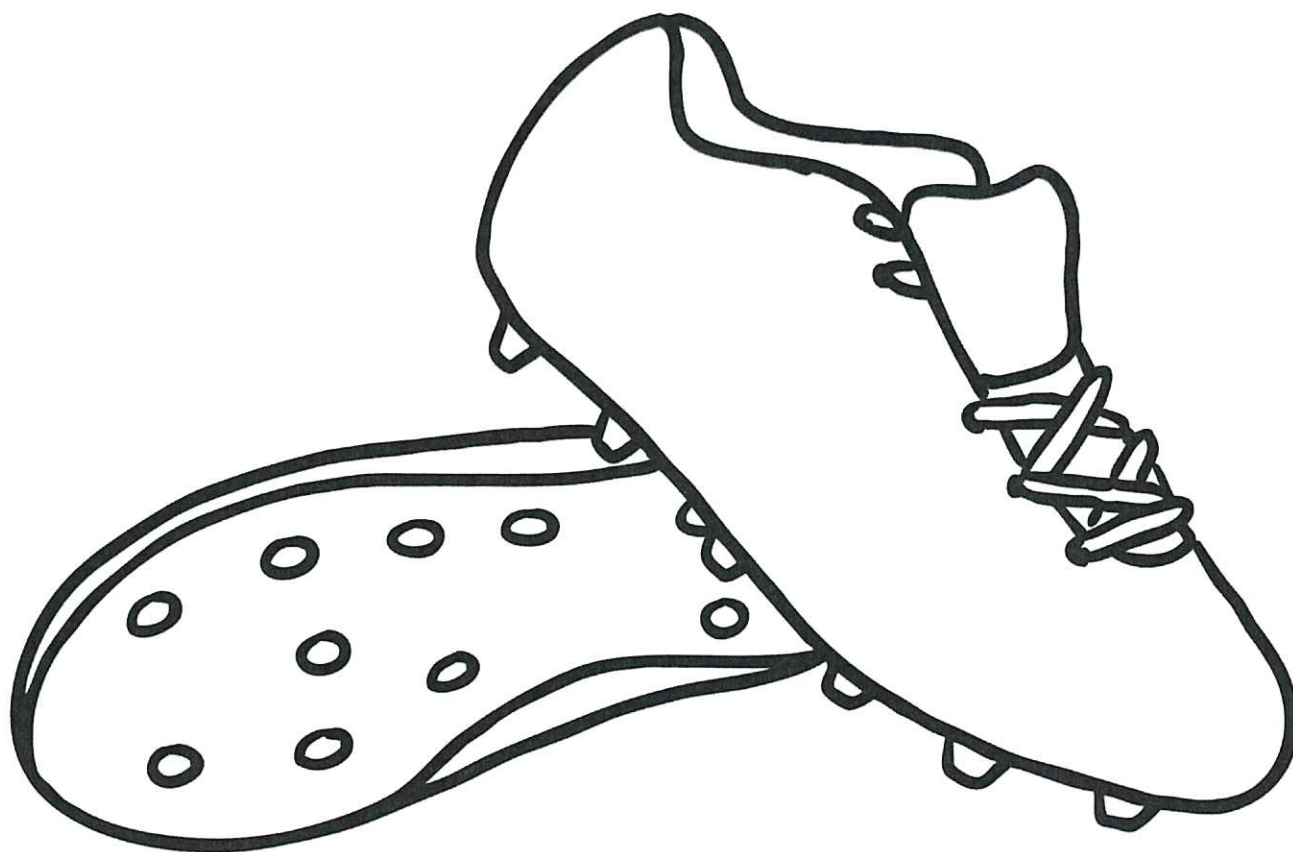
Luckily you have a time machine so you can travel to **any** Winter, Summer or Paralympic Games in either the past or the future.

Write up your article in the box provided – remember to lay it out in a newspaper article format.

# Design Your Own Football Strip

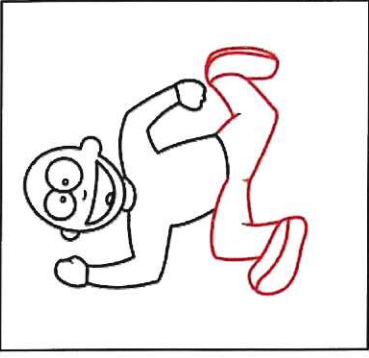
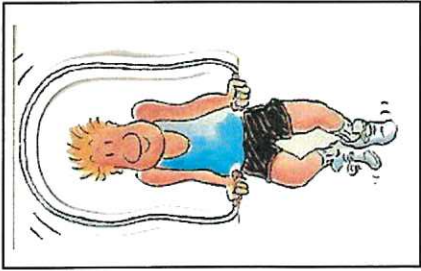


# Design Your Own Football Strip



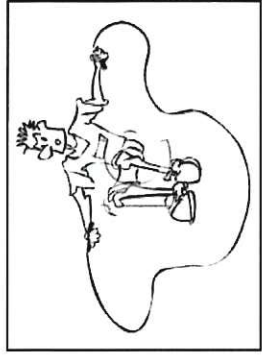
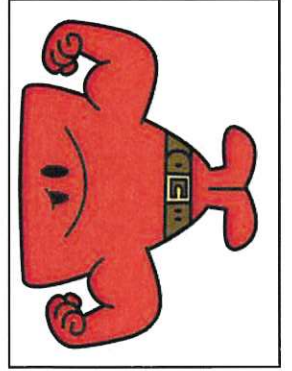
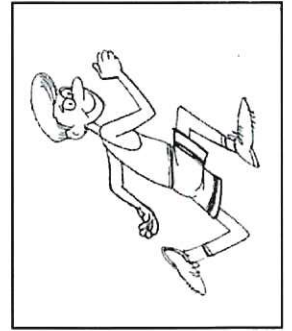
# Edward Peake Fitness Training

## Pupil Record Card



Name \_\_\_\_\_ Class \_\_\_\_\_

	Date								
1. Speed Bounce									
2. Step Ups									
3. Skipping									
4. Shuttle Runs									
5. Sit Ups									
6. Squats									
7. Spotty Dogs									
8. Star Jumps									
9. Beanbag Hold									
10. Throw for Accuracy									
11. Ball head, shoulders, knees and toes.									
12. Ball Catch									
<b>Total Score</b>									



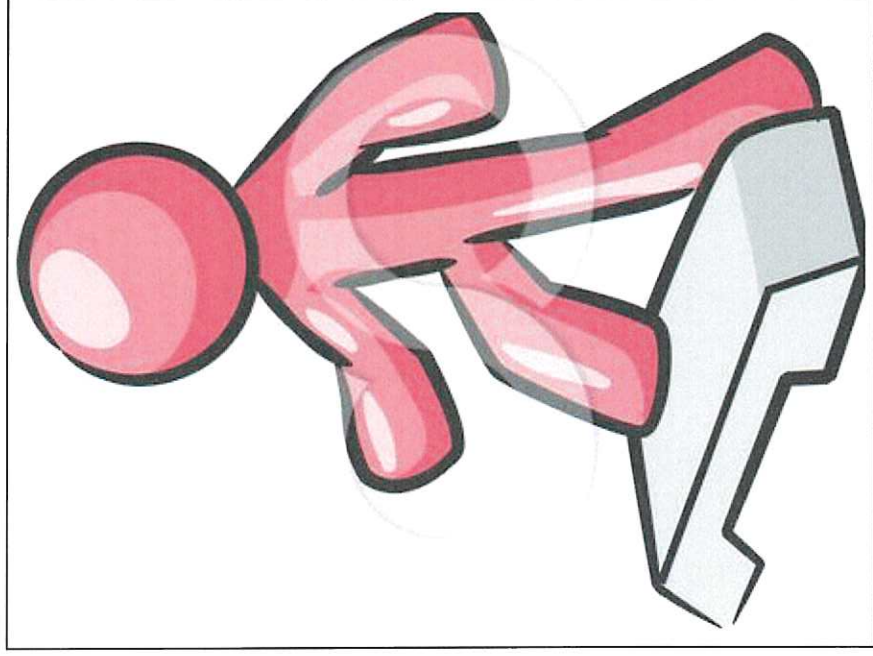
## Speed Bounce

Children work individually to complete as many speed bounces as possible in the time. Child 1 goes first, child 2 counts - record score then swap.



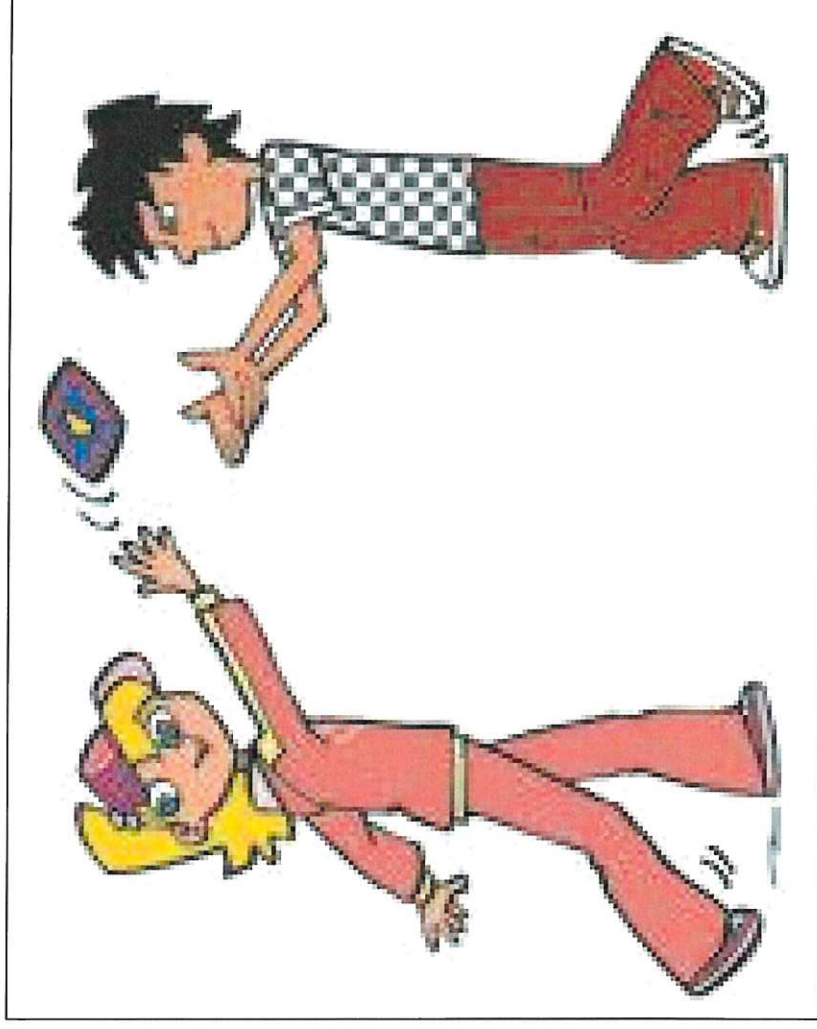
## Step Ups

Children work individually to complete as many 'Step Ups' as possible in the time. To count the pupil must place one foot on the bench then step their second foot up before removing their first foot and following with their second foot (right foot up, left foot up, right foot down, left foot down = 1) Child 1 goes first, child 2 counts - record scores then swap.



## Ball Catch

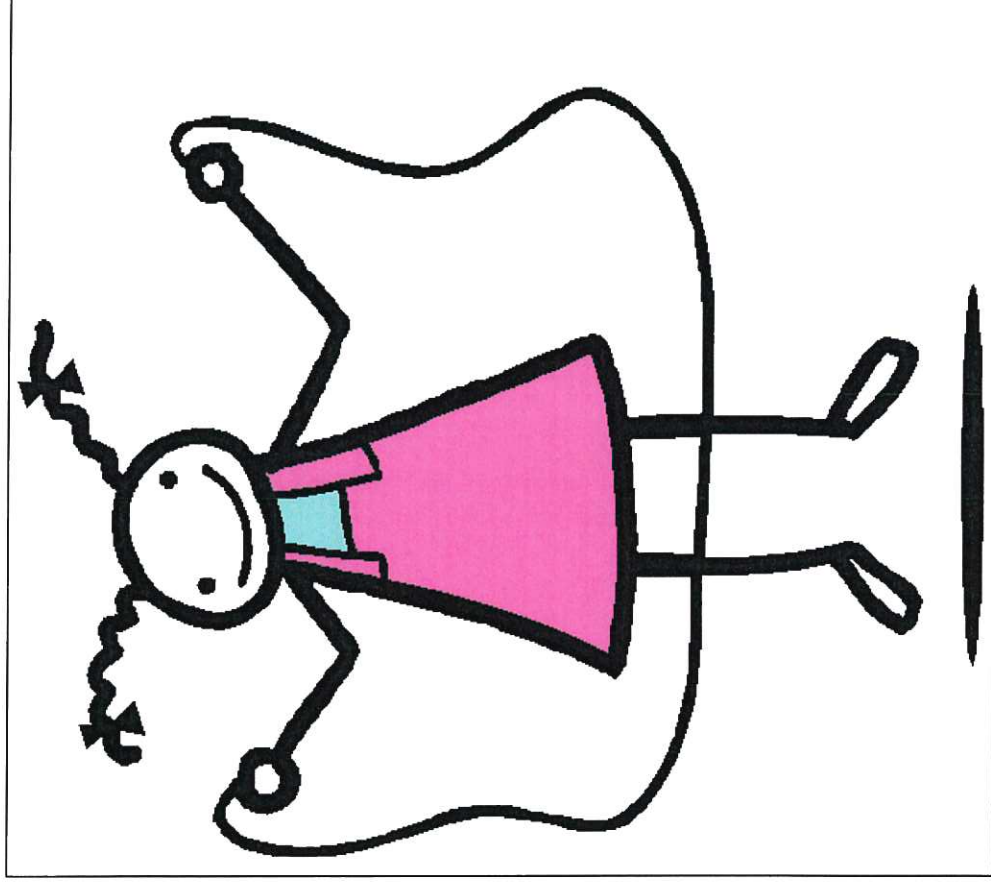
Children work together to complete as many catches as possible in the time. If they drop the ball say on catch 12, they continue counting from 12 when they start again. Both pupils collaborate on this activity and therefore get 2 goes - record only their best score on their score sheets. They will both record the same score for this activity.





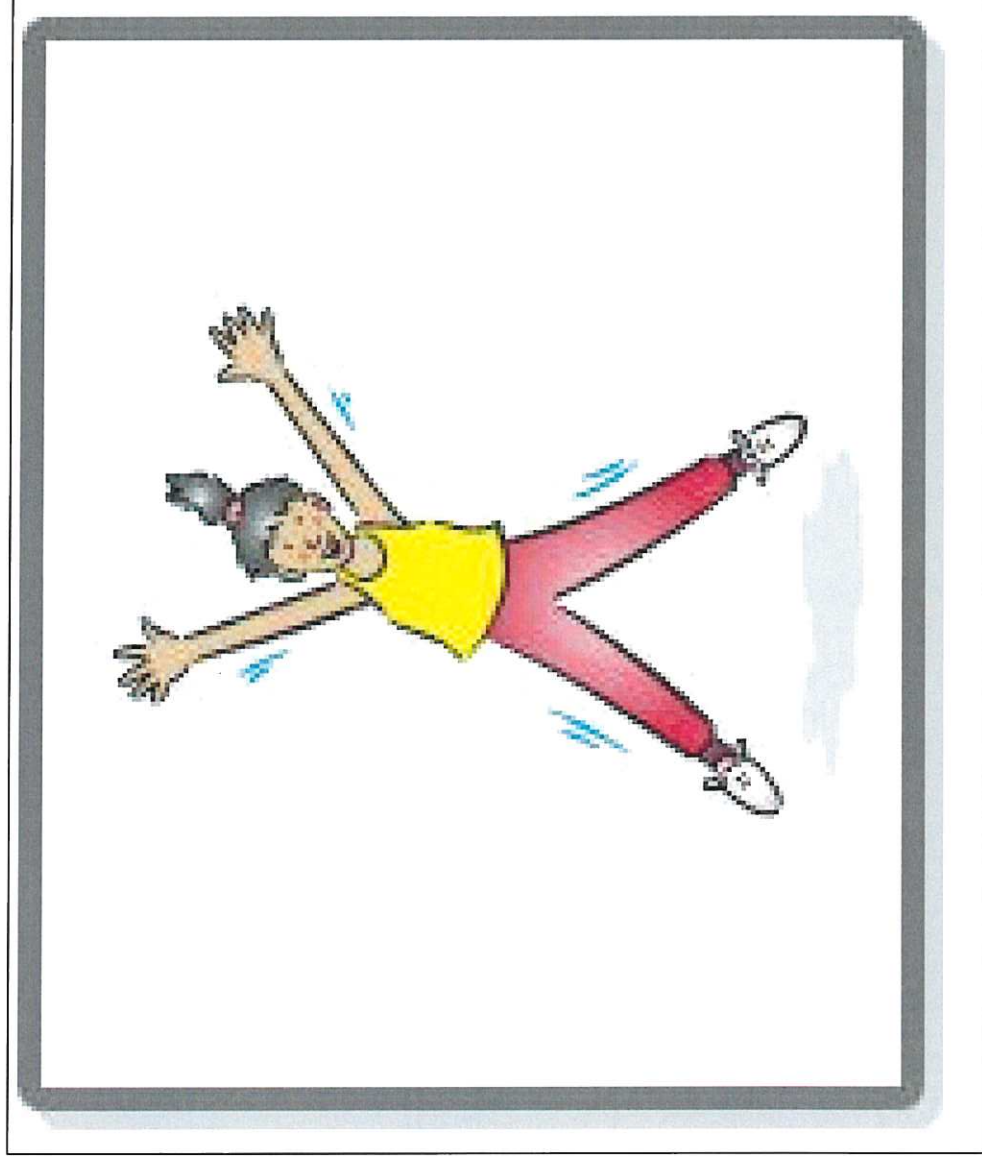
## Skipping

Children work individually to complete as many skips as possible in the time. Child 1 goes first, child 2 counts - record scores then swap places.



## Star Jumps

Children work individually to complete as many 'Star Jumps' as possible in the time. Child 1 goes followed by child 2.



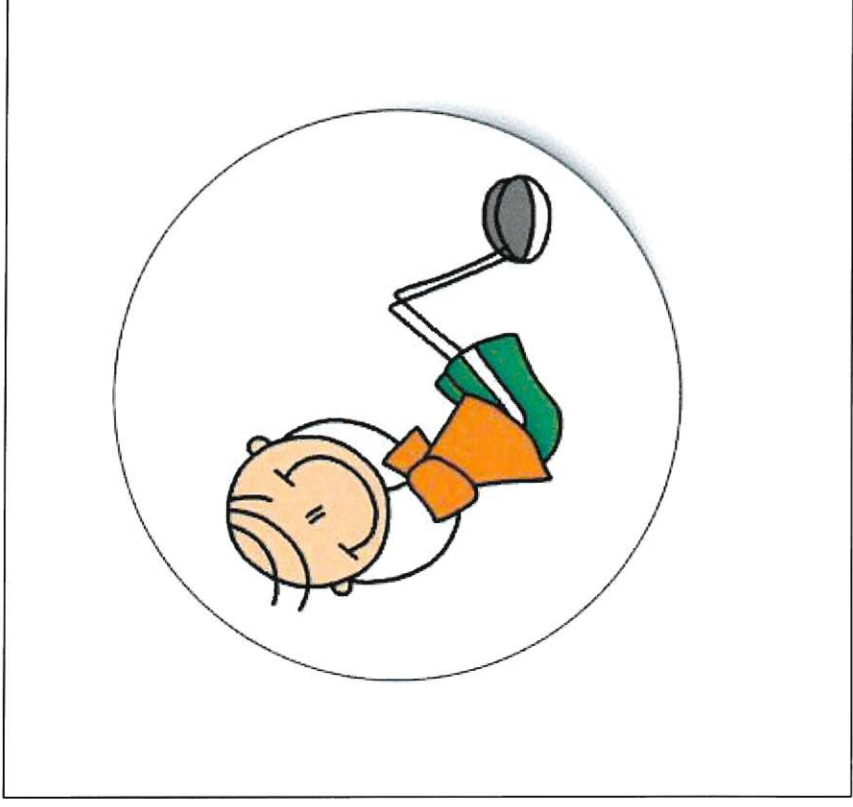
### Throwing 4 Accuracy

Children work individually to throw as many beanbags into the target as possible in the time. The children only have 3 beanbags each so must work hard to retrieve the beanbags as fast as they can. Child 1 goes first, child 2 counts - record scores then swap.



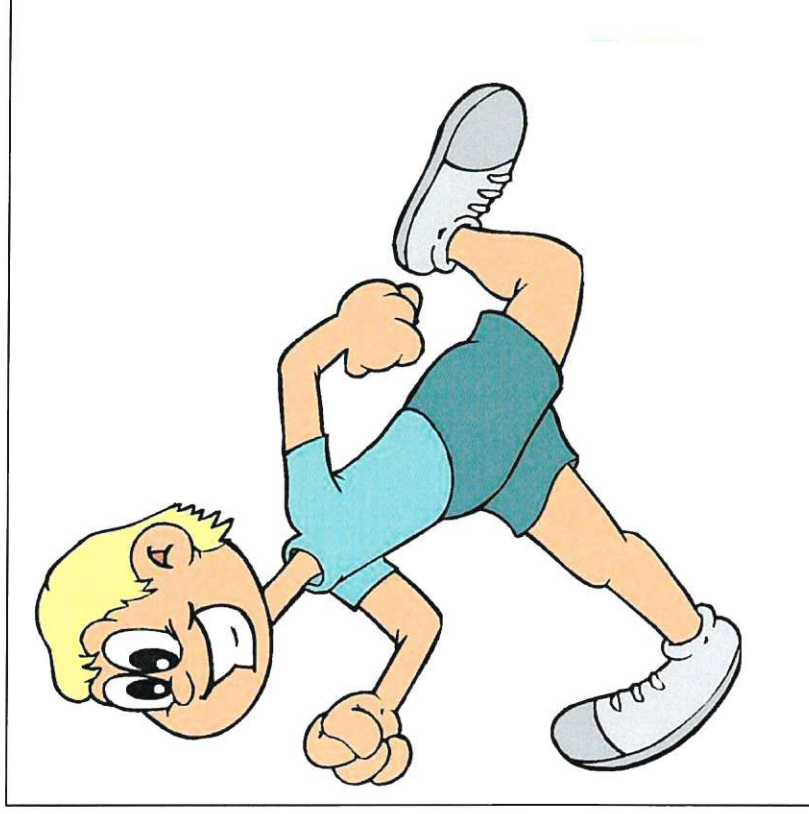
## Sit Ups

Children work individually to complete as many 'Sit Ups' as possible in the time. Child 1 goes first, child 2 holds child 1's legs/feet - record scores then swap. Encourage good quality activity - get a child to demonstrate this to the rest of the class.



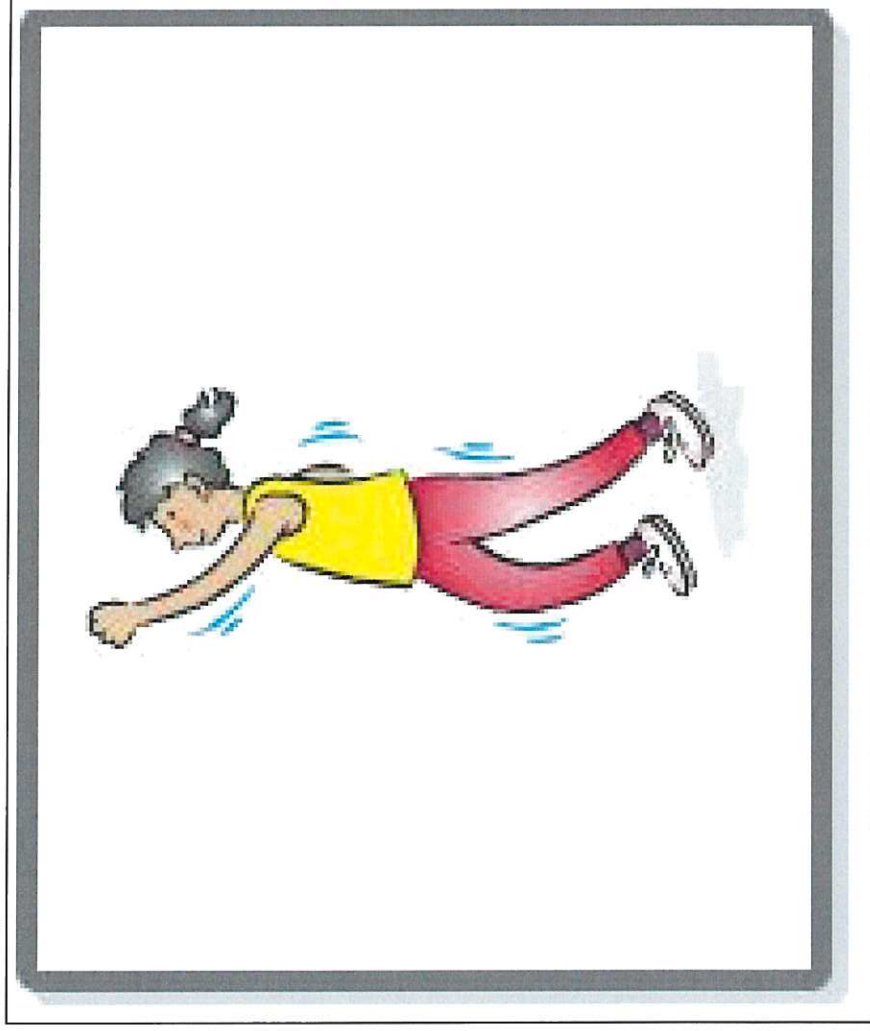
## Shuttle Runs

Children run from the starting point at one cone in a clockwise (or anticlockwise) direction (please agree this before they start) to the other cone. Child 1 runs, child 2 counts and records their score then switch. NB if 2 pairs of pupils are completing this activity at the same time ensure 1 runner starts from each cone, so that they won't bump into each other or fight to get to the first cone.



## Spotty Dog

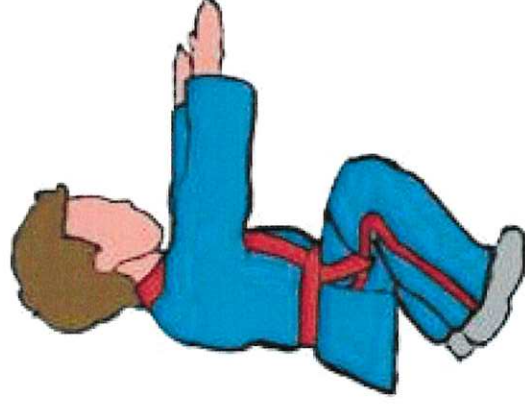
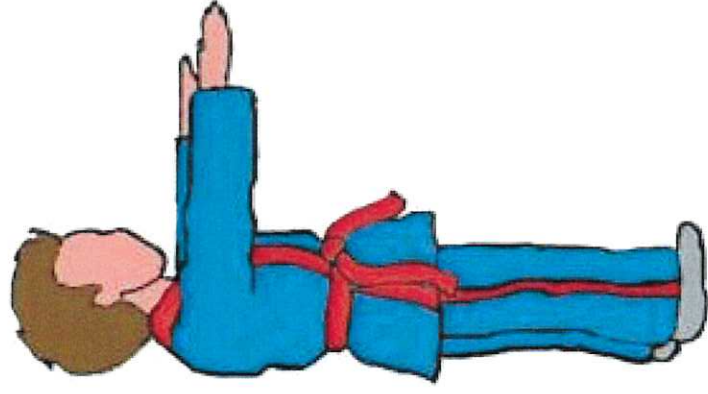
Children work individually to complete as many Spotty Dogs as possible in the time. Children start with their right foot and left arm forward - as if about to start a running race. Alternate your legs forwards and backwards. This is running on the spot essentially, but great for co-ordination!



## Squats

With backs against the wall, slide down so that the legs are bent and the knees are bent at 90°.

Adaptation: squat without the wall, make sure there is a straight line from ankle to knee and that bottom goes out behind the feet, back straight.



## Beanbag Hold

Arms are parallel to the floor and they have to hold the beanbags up for the whole time.

Adaption: This exercise can be made more difficult by asking the children to slowly rotate their arms!






Ball head, shoulder, knees and toes.

Children start with ball held above their head, they then must bring it down to shoulder height, then down to knees and finally to toes before reversing the process. Children need to be shown the correct way of bending down. Child 1 goes first, child 2 counts and then swap.

Adaption - Use a tennis ball rather than a football



Head, shoulders, knees and toes